CARLETON ATHLETICS
STUDENT MEMBERSHIP

Do I qualify?

 If you're currently taking classes at Carleton, and are paying ancillary fees to Carleton, your student membership is included!

How do I get my membership?

 You're already set - it’s activated in your student card. Just swipe in at the Welcome Centre and go!

What's included in my membership?

 Full access to the recently renovated, state-of-the-art, 11 000 sq. ft. Fitness Centre
 Use of the swimming pool during allotted times
  o Please refer to schedule online
  http://athletics.carleton.ca/facilities/
  o or ask your friendly Welcome Centre Staff (the schedule is fluid)
 Use of Squash Courts
  o Squash balls available for sale at the Welcome Centre
  o Bring your own racquet or rent one at the Welcome Centre! (ID required)
  o Book your squash court in advance at the Welcome Centre to avoid disappointment
 Open Rec: Play organized sports at Norm Fenn Gym
  o Please refer to schedule online
  http://athletics.carleton.ca/leagues/ or ask at the Welcome Centre

Are there any other perks? (Of course there are!)

 Intramural leagues are very affordable, and entirely exclusive to Carleton students, faculty, and staff
 25% discount towards fitness and instructional programs (such as the CUFit Pass)
 If the Field House is available for use, with doors open, you can use the track
- You receive the best prices on facility and room rentals
- There is an Open-House week at the beginning of the Fall and Winter term. Try out fitness and instructional classes free of charge, and find a good match for you!

**Tips**

- You can use the lockers in the change rooms for a 3 hour period while you work out!
  - Bring your own lock, or purchase one at the Welcome Centre
- Bring a towel!
  - Things will get very sweaty, very fast. You will be glad you brought one.
  - If you prefer, they are available for rental as well
- Buddy system
  - It's good to have someone spotting you if you're hitting the weights, and it's always more fun with a friend
- Talk to us! We're here to help.

- [www.athletics.carleton.ca](http://www.athletics.carleton.ca) -> info regarding facilities, rentals, leagues, instructional classes, and other memberships
- [www.goravens.ca](http://www.goravens.ca) -> Varsity Teams and Competitive Clubs info